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FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

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SUBJ: ALARACT 297/2009 - POLICY CLARIFICATION ON ARMY PHYSICAL FITNESS TESTING (APFT), BODY COMPOSITION AND PHYSICAL PROFILES FOR ARMY UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAMO-TRL//

SUBJECT: POLICY CLARIFICATION ON ARMY PHYSICAL FITNESS TESTING (APFT), BODY COMPOSITION AND PHYSICAL PROFILES FOR ARMY INSTITUTIONAL TRAINING AND EDUCATION (U)

1. (U) REFERENCES:

A. AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT, 3 AUG 07.

B. ALARACT 075/2007, DATED 171414Z APRIL 2007, SUBJECT: PHYSICAL FITNESS AND HEIGHT AND WEIGHT REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING

2. THIS MESSAGE OUTLINES GUIDANCE TO TAKE EFFECT IMMEDIATELY IN ALL ARMY COURSES UNLESS SPECIFICALLY STATED IN THIS MESSAGE. GUIDANCE CONTAINED IN THIS MESSAGE WILL BE IN THE REVISED AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT, TO BE PUBLISHED IN THE NEAR FUTURE.

3. PHYSICAL FITNESS AND HEIGHT AND WEIGHT REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING

A. SOLDIERS FLAGGED FOR APFT FAILURE OR WEIGHT CONTROL WILL NOT BE SELECTED, SCHEDULED, OR ATTEND INSTITUTIONAL TRAINING. ONCE SOLDIERS MEET STANDARDS, THEY WILL BE CONSIDERED ELIGIBLE FOR MILITARY SCHOOLS AND INSTITUTIONAL TRAINING COURSES.

B. APFT.

(1) SOLDIERS ATTENDING PROFESSIONAL MILITARY EDUCATION AND FUNCTIONAL TRAINING COURSES BEYOND INITIAL MILITARY TRAINING (IMT) THAT ARE 8 WEEKS OR LONGER WILL BE ADMINISTERED THE APFT AS A COURSE REQUIREMENT. ONE RETEST IS ALLOWED. IT WILL BE ADMINISTERED NO EARLIER THAN SEVEN DAYS AFTER THE INITIAL APFT FAILURE.

(2) SOLDIERS WHO FAIL TO MEET THE APFT STANDARDS WILL BE CONSIDERED AN ACADEMIC COURSE GRADUATE, BUT ITEM 11C OF THEIR DA FORM 1059 WILL BE MARKED "MARGINALLY ACHIEVED COURSE STANDARDS" AND ITEM 14 WILL BE MARKED "FAILED TO MEET APFT STANDARDS".

(3) THE APFT REQUIREMENT IS WAIVED FOR SOLDIERS RETURNING FROM COMBAT OPERATIONS/ GLOBAL WAR ON TERRORISM (GWOT) DEPLOYMENT AND REPORTING DIRECTLY TO A PME COURSE WITH 30 OR FEWER TRAINING DAYS. SCHOOL COMMANDANTS WILL ENSURE SOLDIERS RETURNING FROM COMBAT OPERATIONS/GWOT DEPLOYMENT, REPORTING DIRECTLY TO A PME COURSE FOR MORE THAN 30 TRAINING DAYS, MEET THE APFT STANDARDS PRIOR TO GRADUATION.

4. PHYSICAL PROFILES

A. PROFILES. SOLDIERS WITH MEDICAL PROFILES (TEMPORARY OR PERMANENT) DUE TO OPERATIONAL DEPLOYMENT WILL BE PERMITTED BY THEIR IMMEDIATE COMMANDERS TO ATTEND PME WITHIN THE GUIDELINES OF THEIR PROFILE. SOLDIERS MUST ARRIVE AT THE AFOREMENTIONED COURSES OF

INSTRUCTION WITH A COPY OF THEIR CURRENT PROFILE AND A MEMORANDUM SIGNED BY THEIR COMMANDER STATING THE PROFILE IS A RESULT OF INJURIES SUSTAINED DUE TO OPERATIONAL DEPLOYMENT.

B. SOLDIERS WITH TEMPORARY PROFILES THAT ARE NOT A RESULT OF OPERATIONAL DEPLOYMENT THAT PREVENT FULL PARTICIPATION IN A COURSE WILL BE REMOVED FROM SCHOOL ATTENDANCE CONSIDERATION BY THEIR IMMEDIATE COMMANDER UNTIL THE TEMPORARY PROFILE IS REMOVED.

C. SOLDIERS WITH A PERMANENT DESIGNATOR OF "2" IN THE PHYSICAL PROFILE MUST INCLUDE A COPY OF DA FORM 3349 (PHYSICAL PROFILE) AS PART OF THE COURSE APPLICATION. THEY WILL BE ELIGIBLE TO ATTEND APPROPRIATE COURSES AND TRAIN WITHIN THE LIMITS OF THEIR PROFILE PROVIDED THEY CAN MEET COURSE GRADUATION REQUIREMENTS. SOLDIERS WITH A PERMANENT DESIGNATOR OF "3" OR "4" IN THEIR PHYSICAL PROFILE MUST INCLUDE A COPY OF DA FORM 3349 AND THE RESULTS OF THEIR MILITARY MEDICAL REVIEW BOARD (MMRB) AS PART OF THE COURSE APPLICATION.

D. SOLDIERS WHO HAVE BEEN BEFORE AN MMRB, AWARDED MEDICAL LIMITATIONS, AND ALLOWED TO RETAIN THEIR OCCUPATIONAL CLASSIFICATION WILL BE ELIGIBLE TO ATTEND APPROPRIATE COURSES (TO INCLUDE PME) AND TRAIN WITHIN THE LIMITS OF THEIR PROFILE. COMMANDANTS WILL NOT DISENROLL NOR DENY ENROLLMENT OF SOLDIERS INTO TRAINING BASED ON PHYSICAL PROFILES IAW MMRB RULINGS.

E. SOLDIERS RECEIVING TEMPORARY OR PERMANENT PHYSICAL PROFILES LIMITATIONS AFTER ENROLLING IN RESIDENT TRAINING COURSES WILL BE EVALUATED BY SCHOOL COMMANDANTS AND COMMANDERS FOR CONTINUED ENROLLMENT. SOLDIERS WHO:

- (1) HAVE MET, OR WILL BE ABLE TO MEET GRADUATION REQUIREMENTS, WILL CONTINUE TO BE TRAINED WITHIN THE LIMITS OF THEIR PROFILE.
- (2) ARE UNABLE TO MEET GRADUATION REQUIREMENTS WILL RETURN TO THEIR UNIT OR PROCEED TO THEIR PCS UNIT, AND MAY, IF ELIGIBLE, BE ENROLLED IN A LATER COURSE.

5. POINT OF CONTACT IS: SGM R. M. BERCAW. HQDA DCS G-3/5/7 TR AT DSN: 222-5672, COMMERCIAL 703-692-5672 OR EMAIL ATROBIN.BERCAW@US.ARMY.MIL.

6. THIS MESSAGE AND ALARACT 075/2007 WILL EXPIRE UPON THE RELEASE OF THE UPDATED AR 350-1 ARMY TRAINING AND LEADER DEVELOPMENT.

7. EXPIRATION DATE CANNOT BE DETERMINED.